



UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / www.bluegrassdiveclub.com

March 2011

Volume 41, Number 3

March's Club Meeting

Date: Tuesday, March 8th
Time: 7:30-PM (business)
 Social at 7
Location: The Racquet Club
 3900 Crosby Rd.
Program: DVD of BGDC in Fiji

President's Message

By Rebecca Singer



Welcome back to all our Fiji divers. I hear it was a trip to remember and I'm happy to say that our March Program will be a video of the Fiji trip. It's already started out as a great dive trip year and it's only going to get better. Grenada is coming up just around the corner and Bonaire is only a few months away. For those of you still looking for a summer dive trip, we have a few spaces left on the Bonaire trip so check out the website for more details.

I hope to see many "old" faces at the March meeting as well as some new members. As you'll see in the Vice President's Report, we had several visitors at the February meeting that we hope to see them again soon. Don't forget to visit New Horizons. They've got a new inventory and an updated website. Check it out! 🚩

The Editor's Notes

By John Geddes



Pics for this month will be from the Fiji Trip, Thanks to Tracey Combs. Alan, I love your head dress! 🚩



2011 BGDC Officer's

Rebecca Singer, President	552-0880
Tracey Combs, Vice President	621-4066
Kris Harn, Secretary	278-4246
George Fleischmann, Treasurer	873-9539
Doug Geddes, Trip Director	224-3197
Rick Stephan, Safety Info Dir.	223-3719
Mike McCann, Webmaster	255-3937
John Geddes, Newsletter Editor	223-7926



Vice President's Report

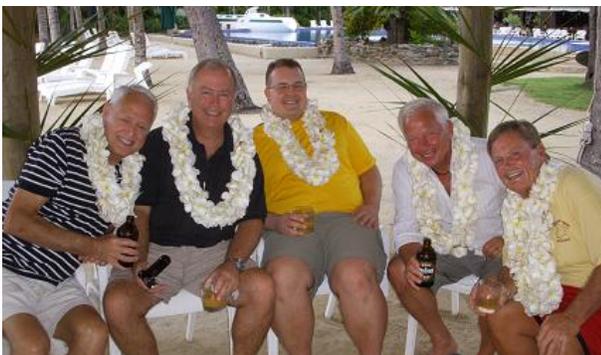
By Tracey Combs



Bula. I have just returned from a great dive trip to Fiji and we have a lot of trip activity in the near future that is exciting. If you have ideas or suggestions for future trip locations, please contact one of the members of the dive trip committee.



We had two visitors at the last meeting from Transylvania University, Eli Crane and Chris Begley. Josh from New Horizons Dive Shop also joined us at the meeting. We hope to see them again at the meetings and that they become future members. For now, enjoy getting ready for Grenada and don't forget the Derby Party on May 1st. I will see you at the next club meeting. 🚩



From The Secretary

By Kris Harn



Regular Meeting
Feb 8, 2011

18 people in attendance. Rebecca opened the meeting at 7:35. George gave the treasurer's report. Tracey, Doug & Mike are in Fiji and Rebecca filled-in for their reports. Program was by Ed Gabe on Cave Diving. Meeting ended at 8:51.

Board Meeting
Feb 22, 2011

Rebecca, Tracey, George, Mike, Kris, Rick, John & Doug were present. Corrine attended as a guest to report on Dale Hollow.

Rebecca started meeting at 7:39.

George filed Treasurer's report.

VP Report, Tracy talked about door prizes and email reminders for dues.

Secretary Report, Kris talked about attendance records.

Trip Director, Doug talked about Fiji, Grenada, Bonaire, Dale Hollow, Eleuthera and Philippines.

Safety Info Director, Rick talked about drug interaction article.

Webmaster, Mike talked about updates on the web page.

Newsletter Editor, John needs newsletter articles by Feb. 24.

Old Business, Bonaire t-shirts.

New business about future programs for regular meeting. Meeting ended at 8:50. 🚩

Trip Director's Report

By Doug Geddes



FIJI 2011 – For those of you that did not make the trip, you missed a heck of a trip. Except for the long travel back, I think everyone loved the trip. We will have the video that was shot on board by the photo guy or possibly someone else's. Many large and very small creatures were found on this trip and provided us with many good memories to last us until we return. Don't miss the next time.

GRENADA 2011 – This trip is in the final stages and will soon be heading out for the island. This will be another great club adventure. With a week of sailing before by several of the members, this could top out as being one of our best trips ever. Hope you are one of the ones going.

ELEUTHRA 2011 – We are still looking for more people to jump onboard on this trip. I think a few of our divers are waiting to get back from the two trips above and get their rebates so they can make their deposit for this one. I know that is my case. This will be a fantastic trip with probably the best accommodations we have ever stayed at.

Check out our website for more info.



The following trip is now on our website: Please note that room assignments on trips are based on the date you sign up and pay your deposit. In most cases, this isn't a problem, but in some it is. Don't wait too long to sign up, if you want a better choice of rooms.

PHILIPPINES 2012 – Yes, we are finally going to the Philippines to do some of the world's best diving. This whole area is considered some of the best diving spots, anywhere. The dates of this trip are March 3 – 17, if you do both resorts. We are going to a resort called Kasai Village for the first week and then going to El Galleon resort for the second week. They are on different islands in different parts of the Philippines. They both offer two different types of diving. We would hope you would sign up for both weeks, since you have traveled that far, but if not, you could join us at whichever one fits your schedule. Both trips are all inclusive and include a minimum of 3 boat dives a day, plus unlimited shore diving. Please check the website for links to check out both resorts. The dive committee did and we think this will be an awesome trip. The reviews of the resorts are very positive. This will not be as expensive as you think, but you need to start saving "now".



FUTURE TRIPS 2012—AND BEYOND – We are still looking into several great locations to compliment our Philippines trip for those that can't go until late spring or early summer. If you have any suggestions, please let one of us know. 🚩

From the Treasurer

By George Fleischmann



2011 Membership Dues

Student (High School or College ID).. \$10.00
Single & Family (1 diver) 30.00
Family (2 or more divers)..... 40.00

Renewal: Please send payment to the address listed below, please make sure there is a correct indication of your mailing address, phone number and it is very important to indicate an email address.



Contact or Mail to: Bluegrass Dive Club
% George Fleischmann
9048 Clifton Road
Versailles, KY 40383-9077

New Members: Visit the website to fill out an on-line form or to access a Microsoft Word printable form. [CLICK HERE](#). 



Safety Corner

By Rick Stephan



Note: Dive travel may include long hours in airplanes, breathing recycled air from several hundred people you don't know (just ask the Fiji crew), changes in climates, exposure to allergens and food with which you are unfamiliar, and long, tiring days. You may be prone to motion sickness or sinus infections, both of which may occur on any given trip. How do you combat that? After all, you've spent a king's ransom on new dive gear and cameras, not to mention the trip cost itself. There's no way you're going to forgo your fun just because your nose is stopped up! Of course, you'll go buy some drugs, that's the ticket!

But, what happens when you take these drugs (OTC or not), then go diving. Read this month's article, from midwestscubadiving.com, and learn a little more about the precautions you should take. Being ready for the potential side effects may save you a dive, or maybe your life!



Remember, safe diving is fun!

Over-the-Counter Medications and Diver Precaution

As divers, we're taught the perils of alcohol and diving and that drinking and diving don't mix.

What about other drugs — specifically the over-the-counter (OTC) variety — and diving? Is the line so clear-cut about OTC medications that are designated by the U.S. Food and Drug Administration as safe for the short term

Safety Corner Cont.

treatment of ailments? With literally hundreds of products available to consumers, the choice of the best agent is often difficult. The active ingredient available in a manufacturer's product may also be in many other preparations.

To add to the confusion, many products combine two or more agents to relieve multiple symptoms, as we often see in cold and allergy products.

Dive medical questions abound about OTC medications and their compatibility with safe diving. While such medicines are readily available, that doesn't mean they are completely safe, whether you're topside or underwater.



OTC Medications Underwater

What happens when you use OTC medications while diving and are subjected to the pressures of depth? There has been little research and thus little documented empirical evidence on the effects of drugs used in a hyperbaric setting. Diving while using most medications is, at best, a matter for you, your doctor and, if necessary, DAN® to discuss before you dive.

About 60 percent of the medications purchased in the United States are nonprescription, OTC products. Self-care and self-medication are popular trends, but what about the appropriateness of using such OTC medications while diving?

These drugs, based solely on their labeling definitions, are considered safe for consumer use; used as directed, they pose a minimal risk and a greater margin of safety than prescription drugs. They are typically used to treat illnesses that can be easily recognized by the user; this contrasts to conditions treated by prescription drugs, which are generally more difficult to assess. The nearly 300,000 OTC drugs on the market far outnumber the 65,000 prescription drugs.

The most commonly encountered OTCs — and probably of greatest concern for the sport or recreational diver — fall in four categories:

- antihistamines
- anti-inflammatory agents
- analgesics
- anti-motion sickness preparations

Forethought

Consider the use of any medication and any underlying need to take it. Does the underlying condition disqualify someone from diving, or does it compromise one's general safety and that of other divers?

The diver who requires decongestants to equalize his ears and sinuses has an increased risk of serious injury from barotrauma. A seasick diver medicated or not, may experience in-water disorientation, vomiting, loss of buoyancy control and embolism as a result of breath-holding or violent diaphragmatic movement.

No drug is completely safe, whatever the setting in which it is taken. A drug's chemical contents, by design, alter body functions through their therapeutic action. They all may have undesirable effects that vary by individual or setting, with sometimes unpredictable results.

In researching your medications, review and familiarize yourself with the active ingredients, warnings and directions from the manufacturer. Learn more from the following information.

Safety Corner Cont.

Antihistamines

Most often used to provide symptomatic relief of allergies, colds and motion sickness are antihistamines with the active ingredients diphenhydramine hydrochloride, triprolidine hydrochloride and chlorpheniramine maleate. The word "antihistamine" literally denotes a drug with characteristics that are antagonistic to the actions of histamine and block its effects.

Antihistamines counteract the symptoms of allergies, colds and motion sickness, but they may have side effects. In therapeutic doses, these side effects may include dryness of the mouth, nose and throat, visual disturbances, increased heart rate, drowsiness or an undesired sedation or depression, blurred vision and urinary retention; together or separately, they can affect a diver's safety. Antihistamines can also depress the central nervous system (CNS), impairing a diver's ability to think clearly and react appropriately when the need arises.

Drowsiness, one of the more troublesome side effects to divers, occurs because of the drug's effect on the brain. Additionally, drowsiness can be heightened by nitrogen narcosis, putting a diver at greater risk.

Since antihistamines reduce secretions (tearing, runny nose), dry mouth can be another bothersome side effect, especially worsened by breathing cold dry air through a regulator. Making sure you are adequately hydrated during the dive trip can lessen this effect. Sucking on hard candy between dives can increase salivation and provide some temporary relief, and saline mist sprays can alleviate nasal dryness.

Decongestants

These vasoconstricting drugs cause narrowing of the blood vessels, which often temporarily improves the nasal airways. Common active ingredients include

pseudoephedrine hydrochloride and phenylpropanolamine hydrochloride. Decongestants can cause a mild CNS stimulation and can lead to numerous side effects such as nervousness, excitability, restlessness, dizziness, weakness and a forceful or rapid heartbeat.

Medications known to stimulate the CNS may have a significant and perhaps an undesirable effect on the diver. Additional precautions or warnings may advise against use by those suffering from diabetes, asthma or cardiovascular disease.



Anti-Inflammatories and Analgesics

Consider the underlying condition for taking anti-inflammatory or analgesic drugs. Generally taken for the temporary relief of minor aches and pains, they may provide temporary relief, but the injury itself is still present. Limitations in range of movement because of the injury, swelling or pain can place a diver at risk of additional injury. Such medications may mask mild pain due to decompression sickness; this may result in a subsequent delay in seeking treatment.

Active ingredients include naproxen sodium and ibuprofen, with notable side effects such as heartburn, nausea, abdominal pain, headache, dizziness and drowsiness. Standard precautions discourage their use by those with medical disorders involving heartburn, gastric ulcers, bleeding problems or asthma.

Safety Corner Cont.

With anti-inflammatories or analgesics, perhaps one of the most significant considerations is potential adverse drug interactions in individuals treated with anticoagulants, insulin and nonsteroidal anti-inflammatory drugs (NSAIDs).

Anti-Motion Sickness Preparations

It's best not to self-medicate here; specific warnings regularly prohibit the use of these medications without consulting a physician. It's generally agreed that — at any time — recreational divers should use these medications with caution.

As with some antihistamines, these medications may typically contain medicine hydrochloride, dimenhydrinate, diphenhydramine hydrochloride and cyclizine. Common side effects are drowsiness and fatigue. Coupled with impairment of a diver's ability to perform hazardous activities requiring mental alertness or physical coordination, these side effects will definitely not enhance the pleasure of a dive.



Underwater Pressures

Any medication that affects the CNS, such as antihistamines, decongestants and anti-motion sickness medications, can interact with increased partial pressures of nitrogen. How? Although there is no scientific data, it is reasonably suspected that the sedative effects of antihistamines and motion sickness

medications may be exaggerated by nitrogen narcosis. They may even lower a diver's resistance to narcosis. In addition, nitrogen may have a synergistic effect, enhancing the sedative or stimulant quality of the drug.

Furthermore, because of the increased intensity of these effects, a new and unexpected reaction such as panic may occur in an otherwise rational diver. These side effects will vary from diver to diver and from day to day for the same diver. No one can predict who will have a reaction while diving.



Can I Dive?

What does this mean for the recreational scuba diver? Many doctors knowledgeable in dive medicine will quickly advise anyone who requires medication to dive to wait out the illness. Heed the following:

- Consult your physician when you are ill; your doctor may be able to provide you with a more effective medication and counsel you on your fitness to dive.
- Study all the information supplied with your medication and understand the warnings, precautions and the effects it may have on your body.
- Try the medication at least one or two days before diving; this may help you assess your reaction to the drug.

The decision to dive is personal and one of acceptable risk. The choice of acceptable risk is a matter of judgment, with careful attention given to the risk versus the benefits and one's ability and willingness to deal with possible negative consequences. 🚩

Bluegrass Dive Club 2011 Calendar

March

8, Tuesday Dive Club Meeting
29, Tuesday Board Meeting

April

Grenada Dive Trip

12, Tuesday Dive Club Meeting
26, Tuesday Board Meeting

May

7, Saturday Club's Derby Party*
10, Tuesday Dive Club Meeting
31, Tuesday Board Meeting



June

Bonaire Dive Trip

14, Tuesday Dive Club Meeting
28, Tuesday Board Meeting



July

12, Tuesday Dive Club Meeting
26, Tuesday Board Meeting
30, Saturday Dale Hollow Outing

August

9, Tuesday Dive Club Meeting
20, Saturday Club Pig Roast*
30, Tuesday Board Meeting



September

13, Tuesday Dive Club Meeting
27, Tuesday Board Meeting

October

Eleuthera Dive Trip

11, Tuesday Dive Club Meeting
25, Tuesday Board Meeting

November

8, Tuesday Dive Club Meeting
(Elections)
29, Tuesday Board Meeting

December

10, Saturday Club Christmas Party *

Note * Pending Board Approval

(This is a calendar at a glance, for full details of dive trips, open the trip page on the Website under Upcoming Events.)